



Gluten-Free Blueberry Sour Cream Pancakes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup milk
- 2 tablespoons vegetable oil
- 1 eggs
- 0.3 cup cream sour
- 1 cup blueberries fresh
- 1 serving butter
- 1 cup frangelico gluten free

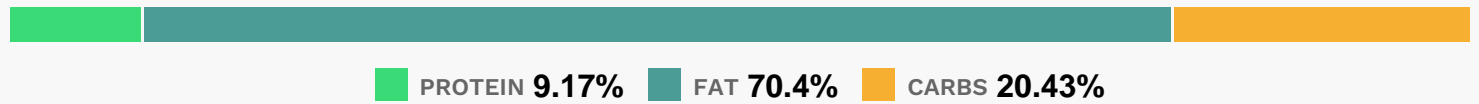
Equipment

- bowl
- frying pan

Directions

- In large bowl, stir Bisquick mix, milk, oil and egg until well blended. Stir in sour cream; gently fold in blueberries.
- Heat griddle to 375°F or 12-inch skillet over medium-high heat. (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.) Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating).
- For each pancake, pour 1/4 cupfuls of batter onto hot griddle. Cook pancakes until dry around edges. Turn and cook other side until golden brown.
- Serve with butter.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:2.87, Inflammation Score:-3, Nutrition Score:5.5386956204539%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 170.96kcal (8.55%), Fat: 13.72g (21.11%), Saturated Fat: 4.62g (28.88%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 8.07g (2.93%), Sugar: 7.15g (7.95%), Cholesterol: 59.41mg (19.8%), Sodium: 51.66mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin K: 20.17µg (19.21%), Vitamin B2: 0.17mg (10.25%), Phosphorus: 99.06mg (9.91%), Calcium: 98.23mg (9.82%), Vitamin B12: 0.46µg (7.66%), Selenium: 5.12µg

(7.31%), Vitamin E: 1mg (6.65%), Manganese: 0.13mg (6.57%), Vitamin A: 298.99IU (5.98%), Vitamin D: 0.89µg (5.94%), Vitamin B5: 0.49mg (4.92%), Vitamin C: 3.72mg (4.51%), Potassium: 153.44mg (4.38%), Vitamin B6: 0.08mg (4.05%), Vitamin B1: 0.06mg (3.68%), Fiber: 0.89g (3.55%), Zinc: 0.5mg (3.33%), Magnesium: 12.32mg (3.08%), Folate: 8.29µg (2.07%), Iron: 0.31mg (1.71%), Copper: 0.03mg (1.61%), Vitamin B3: 0.24mg (1.2%)